

## 7<sup>th</sup> Grade Post Test Information

Muscular movement of the body that requires energy is known as physical activity.

How often an exercise will be performed refers to frequency in the FITT principle.

Increasing your heart-rate during a step-aerobics class is an example of increasing intensity.

When participating in a weight training session, you increase the sets and repetitions, you are increasing the time (repetitions are how many you do so that determines how long you are exercising).

Lifestyles changes are the key to healthy body composition.

Setting goals, selecting activities, and setting a target frequency, intensity, and time for each activity are all necessary when developing a personal fitness plan.

A target workout time for cardiorespiratory endurance would be 20-60 minutes, depending upon the intensity.

Muscular strength and endurance routines should consist of a minimum of 8-10 exercises that will cover all major muscle groups.

If someone increases the intensity of his exercises so much that he/she is only able to complete 1-8 repetitions; that person is now working on muscular strength.

Holding a stretch to the point of mild tension is how intensity is measured during a flexibility workout.

The recommended frequency for a weight training program for beginners is 3 times a week.

Muscular endurance is defined as the ability of a muscle or muscle group to generate force repeatedly (12+ repetitions).

Cardiovascular and flexibility are the fitness components that should be emphasized in a warm-up.

The cool-down after exercise should consist of slow cardiovascular activity and flexibility exercises.

Swimming gives to you the best overall workout compared to biking, running, or walking.

Gymnastics is the best sport for getting stronger when compared to basketball, softball, or volleyball.

220 minus your age is a simplified formula for determining your maximum heart rate.

The recommended intensity range for developing cardiorespiratory endurance is 60-80% MAX HR.

Most lifetime sports are individual sports such as golf and tennis.

Aerobic exercise is a vigorous nonstop activity that aids the heart.